

Recipe from NCI-Frederick Scientific Library

Butternut, Sweet Potatoes, Carrots and Ginger



1 pound butternut squash	4 medium carrots, sliced
3 inches fresh ginger	2 pounds sweet potatoes, peeled and sliced
3 tablespoons butter	2 tablespoons tamari
Freshly ground black pepper	Salt

1. Peel the butternut squash and scoop out the seeds.
2. Cut all vegetables the same size, about 1/3 inch thick. Place them in a steamer and cook until soft, about 20 minutes.
3. Peel and finely grate the ginger. Place all ingredients in a food processor and blend until smooth.
4. Season to taste with salt and freshly ground pepper.
5. Place in a baking dish and keep warm in oven until served.

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Quick and Easy Creamy Pumpkin Soup



2 cups finely chopped onions	2 green onions, sliced thinly, tops included	
1/2 cup finely chopped celery	1 green chili pepper, chopped	1/2 cup canola or vegetable oil
3 cans chicken broth (14-1/2 oz cans) or 6 cups homemade chicken stock	1 bay leaf	
2 cups pumpkin puree or 1 can (16 oz) solid pack pumpkin	1-1/2 teaspoons ground cumin	
1 cup undiluted, evaporated skim milk	Parmesan cheese and fresh chopped parsley	
Salt and pepper to taste (Canned chicken broth and canned pumpkin may already contain added salt)		

1. In a 6-quart saucepan, sauté onions, green onions, celery and chili pepper in oil. Cook until onions begin to look translucent.
2. Add broth, pumpkin, bay leaf, and cumin. Bring to a boil. Reduce heat and simmer, uncovered for 20 minutes, stirring occasionally.
3. Remove bay leaf. Add evaporated milk and cook over low heat 5 minutes. Do not boil. Taste and adjust seasoning, if necessary. Add 1/2 teaspoon salt and 1/2 teaspoon black pepper, if desired.
4. Transfer hot soup to pumpkin tureen. Garnish with grated Parmesan cheese and chopped parsley. Serve hot. Makes 6 to 8 servings.

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Pumpkin Pancakes



1 cup all purpose flour	1 teaspoon baking powder	1/2 teaspoon salt
1 teaspoon pumpkin pie spice	1 egg, slightly beaten	2 cups pumpkin puree
1/2 cup molasses, or maple syrup	3-4 tablespoons buttermilk or milk	
2 tablespoons unsalted butter, melted	1/2 cup chopped pecans or hazelnuts, optional	

1. In a large bowl, sift together flour, baking powder, salt, and pumpkin pie spice. Set aside.
2. In another bowl, beat egg slightly. Add pumpkin or squash puree, molasses or syrup, milk or buttermilk and melted butter or margarine. Mix until smooth.
3. Blend in the dry ingredients all at once. Mix until batter is smooth. Allow batter to rest for 30 minutes or more.
4. Stir nuts into batter, and add additional tablespoon of buttermilk or milk if batter is too thick.
5. To make pancakes, spoon a heaping tablespoon of batter onto a lightly greased preheated griddle or heavy skillet. With the back of the spoon, flatten batter to about 1/2-inch thickness. Cook slowly until bubbles appear on top and bottom is golden brown. Lift edge to check. Turn and cook until other side is golden brown.
6. Place on a platter and set platter in a warm oven. Continue making pancakes until all batter is used. Makes about 24, 3-inch pancakes. Serves 4 to 6 people. Garnish with powdered sugar.

Recipe from NCJ-Frederick Scientific Library

Low Fat Pear Muffins



1 1/2 cups all-purpose flour	1/2 cup whole-wheat flour	1/2 cup sugar
1 tablespoon baking powder	1/2 teaspoon salt	1/2 teaspoon cinnamon
1/2 teaspoon ginger	1/4 teaspoon nutmeg	3/4 cup nonfat milk
1 large egg, lightly beaten	2 tablespoons canola oil	1 large pear, peeled, and chopped

1. Preheat oven to 400 degrees. Coat a 12-cup muffin pan with nonstick cooking spray or line with paper muffin cups.
2. Combine flour, sugar, baking powder and spices in a large bowl. In a medium bowl, combine milk, egg and canola oil.
3. Make a well in the center of the dry ingredients and add milk mixture. Stir until just moist. Fold in chopped pear.
4. Spoon batter into muffin cups, filling them 2/3 full, and bake for 20 minutes.

Recipe from NCJ-Frederick Scientific Library

Mulled Apple Cider



1 gallon apple cider	2 tablespoons whole allspice
2 tablespoons whole cloves	5-6 cinnamon sticks
orange slices	additional cinnamon sticks (optional)

1. Tie small spices in a small cheesecloth and drop into the cider; allow cinnamon to just go on its own.
2. Heat mixture on the stove and simmer for at least 30 minutes before serving, stirring occasionally to agitate the spices.
3. Float orange slices on top of the cider.
4. Pour into mugs and serve, with a cinnamon stick, if desired.

Recipe from NCJ-Frederick Scientific Library

Roasted Pumpkin Seeds



1 quart water	2 Tablespoons salt
2 cups pumpkin seeds	1 Tablespoon vegetable oil or melted, unsalted butter

1. Preheat oven to 250°F.
2. Pick through seeds and remove any cut seeds. Remove as much of the stringy fibers as possible.
3. Bring the water and salt to a boil. Add the seeds and boil for 10 minutes. Drain, spread on kitchen towel or paper towel and pat dry.
4. Place the seeds in a bowl and toss with oil or melted butter.
5. Spread evenly on a large cookie sheet or roasting pan.
6. Place pan in a preheated oven and roast the seeds for 30 to 40 minutes. Stir about every 10 minutes, until crisp and golden brown.
7. Cool the seeds, then shell and eat or pack in air-tight containers and refrigerate until ready to eat.